



WellCast

WAYS to Stop BULLYING



DATE _____

1 THIS ISN'T your Fault

In the space below, write down all the great qualities that make you stand out from the crowd!

2 BUILD YOUR ARMY

Surround yourself with people who care about you and appreciate you for who you are!

3 Remember these tips when you're being confronted:

- Ignore the bully.
- Have a buddy-system.
- Get out of there.

4 Find someone you can Talk To!

Find someone you trust: A teacher, a counselor, a parent, or a friend.

If you're uncomfortable, then use this resource: 1-800-4A-CHILD